

Veggie Chow Mein

Makes: 6 servings

Ingredients

- 6 ounces** rice noodles (or thin flat egg noodles)
- 4 teaspoons** oil
- 1** onion (medium, finely chopped)
- 2** garlic clove (finely chopped)
- 1 cup** carrot (grated)
- 2 teaspoons** chicken bouillon
- 1 teaspoon** hot pepper sauce
- 1 cup** broccoli (cut into small pieces)
- 1 cup** celery (chopped)
- 1 cup** bell pepper (green or red, finely chopped)
- 4 teaspoons** soy sauce

Directions

1. Prepare noodles according to package directions. Drain and set aside.
2. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.

Nutrition Information	
Nutrients	Amount
Calories	90
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	280 mg
Total Carbohydrate	14 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

6. Add salt and pepper to taste.

Source: University of Illinois, Extension Service, Wellness Ways Resource Book: Taste of the World